



# the Medical Secrets of Weight Loss Success

Thank you for downloading our Ebook Sample.  
Read on to learn what medications can help or  
hinder your weight loss goals



## Be aware of how medication can hurt OR help your efforts

6.

There are a range of medications that can restrict your ability to lose weight. Perhaps you're on one of them and don't even know! On the flip-side, there are also some medications that can help you lose weight. Of course, all medications have both effects and side effects, so if you're contemplating trying them, please work with a doctor who can monitor you closely.

First, let's run through the medications that can have a negative impact:

- Oral contraceptives – especially the anti-acne ones like Yaz, Yasmin, and Diane – which block testosterone, decrease muscle mass, and increase weight gain
- Anti-depressants – such as Mirtazapine, Prozac, and Zoloft
- Anti-psychotic drugs
- Pain killers – such as Lyrica
- Anti-convulsants – such as Epilim

Other factors which could be having a negative impact include:

- Untreated hyperthyroidism
- Testosterone deficiency – particularly in middle age and beyond
- And lastly, whether you're taking your medications correctly – e.g. with or without food



So, that's the unhelpful stuff. Here are the medications that can help:

- Duromine – which increases your metabolism and suppresses hunger
- Xenical – which inhibits your gut from absorbing fat
- Byetta – often used for diabetes
- Metformin – particularly useful for women with polycystic ovaries
- Testosterone – for people who are testosterone deficient
- Calcium in the form of dairy (not tablets) – which works as a mild form of Xenical
- HCG in injection form – which increases testosterone

Finally, if you're undertaking any sort of low calorie diet (though we don't recommend this), a multi-vitamin should be considered a must. And remember, there's no such thing as a sustainable quick fix!

# Starting your weight loss journey today is as simple as 1-2-3

1



Download the free GP2U app from your favourite App Store

2



Choose a convenient 30 minute appointment time

3



Talk to a weight loss GP on your phone or tablet from wherever suits you best.

## What does 300 calories look like

Each of the photographs below represents 300 calories of the particular food group.



300 Calories  
APPLE



300 Calories  
CHEESE CAKE



300 Calories  
CHICKEN DINNER



300 Calories  
CHIPS



300 Calories  
CHOCOLATE



300 Calories  
COOKIES



300 Calories  
DOUGHNUT



300 Calories  
GRAPES



300 Calories  
NUTS



300 Calories  
OMELETE



300 Calories  
PASTA



300 Calories  
SALMON DINNER

# Let's wrap it up

Congratulations, you've reached the end of the guidebook! I hope you're feeling motivated and empowered to action the program and lose the weight – for good.

A few points I want to leave you with before we wrap things up:

## 1. Sustainable weight loss is a journey, not a destination.

All the quick fixes you've tried in the past have failed you, right? Yes. So, with this program you need to take a different approach. Remember this: slow and steady wins the race. Action the steps consistently, be patient, allow yourself a treat every now and then, you will see results. Keep at it.

## 2. Work with your doctor to build a personally tailored program.

Now that you've read the guidebook, it's time to book your follow-up; consultation with your doctor. During this session, we'll answer any questions you might have and collaborate to develop a personally tailored program that works for you. This includes assessing any medications that might be restricting your ability to lose weight, plus considering other medications which may assist you.

## 3. You can do it!

At the beginning of the guidebook, we went through eight compelling reasons for losing weight. I want you to go back and re-read that section. Inspiring, right? And totally within your reach.

We opened the guidebook with Lao Tzu's quote, "A journey of a thousand miles begins with a single step." Well, you now have the knowledge and tools you need to take that first step and start your journey.

So, what are you waiting for?!

A slimmer, trimmer, and – most importantly – happier you awaits.

My very best,



Dr James Freeman  
**The Weight Loss GP**



[www.theweightlossgp.com.au](http://www.theweightlossgp.com.au)





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